

---

**Waukesha County  
UW Extension  
Farmers Market Fresh**

---

## **Cucumber Yogurt Dip**

### *Ingredients:*

*Serves 6*

2 cups plain yogurt, low-fat  
2 large cucumbers, peeled, seeded, and grated  
½ cup sour cream, fat-free  
1 tbsp lemon juice  
1 tbsp fresh dill  
1 garlic clove, chopped  
1 cup cherry tomatoes  
1 cup broccoli florets  
1 cup baby carrots



### *Directions:*

1. Peel, seed, and grate one cucumber. Slice the other cucumber and set aside.
2. Mix yogurt, grated cucumber, sour cream, lemon juice, dill, and garlic in a serving bowl.
3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. Serve with cucumber dip.

*Recipe courtesy of the Center for Disease Control and Prevention.*